


Primary Care Mental Health update Hertfordshire Wellbeing (IAPT)

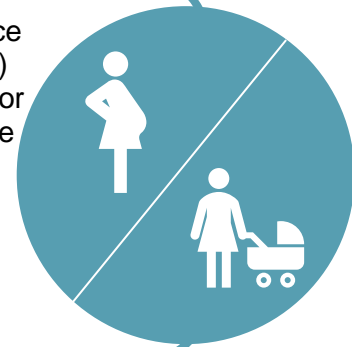
Service update




We are pleased to announce that we are launching our new service name 'NHS Talking Therapies Hertfordshire' on Monday 17th April 2023, as part of the NHS England announcement of the new name for Improving Access to Psychological Therapies (IAPT) services: NHS Talking Therapies, which will be rolled out across the country in 2023. Our name has changed but our service remains the same. We continue to deliver high quality psychological interventions both face-to-face and remotely. We offer 1-1 therapy, group sessions and interactive webinars and workshops, which can be delivered in-person, via the telephone or online video conference. Our service is continuing to work collaboratively with physical health services to develop pathways to support multiple long-term conditions such as Diabetes and Arthritis. We provide emotional support to a variety of groups including, older people, carers, students, women's health conditions and those in the perinatal period. We are continuing to achieve the national target for recovery rate and waiting times including 75% of people entering the service within 6 weeks from point of referral. [Click here to self-refer.](#)

Perinatal support

The perinatal period can be a demanding and stressful time, and it is normal to experience a wide range of thoughts and emotions throughout. Cognitive Behavioural Therapy (CBT) can help us understand our own emotional wellbeing and learn tools that can be helpful for managing the challenges parents and caregivers might experience during this period. The webinar '[Becoming a parent or caregiver and emotional wellbeing](#)', formally known as 'Wellbeing in Pregnancy and Early Parenthood, has been updated to support parents or caregivers with the different challenges of the perinatal period (from the beginning of pregnancy through to two years post-birth), which may include stress, low mood, and worry. The webinar discusses these challenges and provides tools based on Cognitive Behavioural Therapy that can help improve emotional wellbeing during this period.



Men and Mental Health



In England, around one in eight men has a common mental health problem such as depression, anxiety, panic disorder or obsessive-compulsive disorder (OCD) and statistics highlight that men are not accessing primary care psychological therapies as frequently as women. Only 36% of referrals to NHS talking therapies are for men but men become more visible in secondary care mental health services. Our services are continuing to focus on men's mental health to raise awareness and transform the way health services reach and support men to raise awareness of the support available to men through the NHS Talking Therapies programme. [Click here to find out more about the support and treatment we offer.](#)

Feeling Stressed?

Stress Awareness Month has been held every April since 1992 to raise awareness of the causes and cures for our modern-day stress epidemic. It is the time when we have an opportunity for an open conversation on the impact of stress. Dedicated time to removing the guilt, shame, and stigma around mental health. To talk about stress, and its effects and open up about our mental and emotional state with friends, families, colleagues, and professionals. You can't always prevent stress, but there are lots of things you can do to manage stress better. Join our '[How to cope with Stress](#)' webinar to learn tips on how to manage stress levels. You can also visit our website to access free self-help materials and resources that focus on how to cope with stress self-help video and guides. [Click here for more information.](#)

